COMMUNITY WELLNESS

Northwest Territories Community Wellness in Action: 2003-2004

Summary Report of Community Wellness Initiatives

Northwest Territories Health and Social Services

January 2005

Message from the Minister

I am pleased to present Community Wellness in Action 2003-2004: *A Summary Report of Community Wellness Initiatives*. This document outlines community-based prevention and promotion initiatives implemented across the Northwest Territories during the past fiscal year.

Supporting communities in improving wellness is a key role of Government. In 2003-2004, the Government of the Northwest Territories and Health Canada provided more than eight million dollars for community wellness programs. This funding was spent on a variety of wellness initiatives, particularly in the areas of early childhood development and community mental health.

I encourage communities to continue their journey on the path to wellness and take advantage of the many funding programs available to them.

J. Michael Miltenberger

Minister of Health and Social Services

106-00637/

Table of Contents

Introduction 1

Description of Wellness Programs 2

Community Wellness in the NWT: Wellness Programs and Funding Agencies 4

Beaufort Delta Region 6

- Aklavik 7
- Paulatuk 8
- Sachs Harbour 9
- Holman 10
- Tuktoyaktuk 11
- Inuvik 12
- Fort McPherson 15
- Tsiigehtchic 16
- Regional 17

Dehcho Region 18

- Fort Liard 19
- Kakisa 20
- Jean Marie River 21
- Fort Simpson 22
- Fort Providence 25
- Trout Lake 26
- Hay River Reserve 27
- Wrigley 28
- Nahanni Butte 29
- Regional 30

Dogrib Treaty 11 Region 31

- Rae-Edzo 32
- Wha Ti 34
- Wekweti (Snare Lake) 35
- Regional 36

Sahtu Region 37

- Tulita 38
- Colville Lake 39
- Deline 40
- Fort Good Hope 41
- Norman Wells 42

Treaty 8 Region 43

- Lutselk'e 44
- Hay River/West Point 45
- Fort Smith 47
- Fort Resolution 48

Yellowknife Region 49

- Yellowknife, N'dilo, Dettah 50

NWT Regional Projects 52

Introduction

The *Northwest Territories Community Wellness in Action Report* is published annually by the Department of Health and Social Services, Government of the Northwest Territories. The *2003-2004 Wellness in Action* report provides detailed information of 13 federal and territorial wellness programs implemented in 32 communities across the Northwest Territories between April 1, 2003 and March 31, 2004.

The following wellness programs are included in the report:

- Brighter Futures
- Canada Prenatal Nutrition Program (First Nations and Inuit component)
- Aboriginal Diabetes Initiative (Prevention and Promotion component)
- Fetal Alcohol Spectrum Disorder (FASD) Program
- Health Promotion Fund
- Healthy Children Initiative
- Aboriginal Head Start
- AIDS Community Action Program
- Canada Prenatal Nutrition Program (General Population component)
- Community Action Program for Children
- Community Animation Program
- Hepatitis C Prevention, Support and Research Program
- Population Health Fund

Ten wellness programs supported initiatives in selected communities only, while three wellness programs – Brighter Futures, the Canada Prenatal Nutrition Program (First Nations and Inuit Component), and the Healthy Children Initiative – had budget allocations for every community in the Northwest Territories.

Eight wellness programs targeted the general population while five wellness programs - Brighter Futures, Aboriginal Head Start, the Aboriginal Diabetes Initiative (prevention and promotion component), the Canada Prenatal Nutrition Program (First Nations and Inuit component), and the Fetal Alcohol Spectrum Disorder (FASD) Program - provided funding targeted to First Nations and Inuvialuit.

This report lists wellness funding and wellness initiatives according to region. The information provided has been derived from community reports. Funding under all wellness programs, except the Health Promotion Fund, is representative of dollars committed to projects in contribution agreements. Funding under the Health Promotion Fund is representative of actual expenditures. A chart outlining all wellness programs and their funding agencies has also been provided.

Description of Wellness Programs

Brighter Futures [1]

Brighter Futures is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will in turn help create healthy family and community environments that support child development. While the program is intended specially for First Nations and Inuit children from ages 0 to 6, it is recognized that children's needs cannot be separated from those of their families and communities. There are a number of components to Brighter Futures: mental health, child development, injury prevention, healthy babies, solvent abuse and parenting skills. The communities determine their priorities and allocate their resources accordingly.

Canada Prenatal Nutrition Program (CPNP) [1]

The Canada Prenatal Nutrition Program is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component for First Nations and Inuit women.

Aboriginal Diabetes Initiative (ADI/P&P) [2]

The Aboriginal Diabetes Initiative is one of four main components of the Canadian Diabetes Strategy (CDS) announced by the Government of Canada in 1999. Prevention and health promotion activities should increase awareness of diabetes and its complications, create awareness of the benefits of healthy eating, active living, and encourage the integration of traditional methods and practices with western-based approaches.

Fetal Alcohol Spectrum Disorder (FASD) Program [3]

The FASD Program has two goals: To reduce the number of babies being born with FASD (prevention); and to help make life better for children who have FASD and their families (intervention). The FASD program funds activities that:

- Help those who may be at risk of having a baby with FASD
- Will support parents, families, or caregivers of children with FASD
- Will help to identify, assess, and diagnose children with FASD
- Will provide education and training about FASD

Funding is targeted to First Nations and Inuvialuit.

Aboriginal Head Start (AHS) [1]

Aboriginal Head Start is an early intervention program for First Nations, Inuit and Métis children and their families. It is primarily a preschool program that prepares young Aboriginal children for school by meeting their spiritual, emotional, intellectual and physical needs.

AIDS Community Action Program (ACAP) [4]

The AIDS Community Action Program is a component of the Canadian Strategy on HIV/AIDS, the federal government's framework to respond to AIDS in Canada. ACAP aims to (i) prevent the spread of HIV; (ii) ensure treatment, care and support for people living with HIV and AIDS, their caregivers, families and friends; (iii) minimize the adverse impact of HIV/AIDS on individuals and communities; and (vi) minimize the impact of social and economic factors that increase individual and collective risk for HIV infection.

[1] Government of Canada (2001) Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001.

[2] Aboriginal Diabetes Initiative, *First Nations On-reserve and Inuit in Inuit Communities – Program Framework July 5, 2000* (Prevention and Promotion/Lifestyle Supports)

[3] Health Canada – First Nations and Inuit Health Branch (2004) Fetal Alcohol Spectrum Disorder (FASD) Program Guidelines and Application Forms. Program Expansion for 2004-2005.

[4] Department of Health and Social Services, Government of the Northwest Territories http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm

Description of Wellness Programs

Community Action Program for Children (CAPC) [1]

The Community Action Program for Children funds community-based coalitions to establish and deliver services to meet the developmental needs of children under age six living in conditions at risk. These children are living in low-income families; or teenage-parent families, are at risk of, or have, developmental delays, social, emotional or behavioral delays and/or are neglected or abused.

Community Animation Program (CAP) [2]

The Community Animation Program is a joint Environment Canada and Health Canada program that increases communities' understanding of health and environment links and strengthens communities' ability to take action on these issues.

Hepatitis C Prevention, Support and Research Program

The program has four goals: to contribute to the prevention of hepatitis C infection; to support persons infected with and affected by hepatitis C; to provide a stronger evidence base for hepatitis C policy and programming decisions and advance prevention, treatment and cure options by expanding the body of available research and research capacity; and to strengthen the response of the Canadian population to hepatitis C through increased awareness and capacity.

Population Health Fund (PHF) [3]

The goal of the Population Health Fund is to increase community capacity for action on or across determinants of health. Through project funding, the fund supports initiatives that facilitate coordinated action among voluntary organizations, service providers, governments and the private sector to improve population health.

Healthy Children Initiative (HCI) [4]

This initiative supports the development of children from prenatal to age six. It focuses on prevention and health promotion and supports a wide range of programs and services from primary intervention to therapeutic services. The initiative is based on a more family-centered model. Earlier child-centered models were treatment driven - focusing on correcting and treating weaknesses and deficits. The family-centered approach places more emphasis on family needs and strengths.

Health Promotion Fund (HPF) [5]

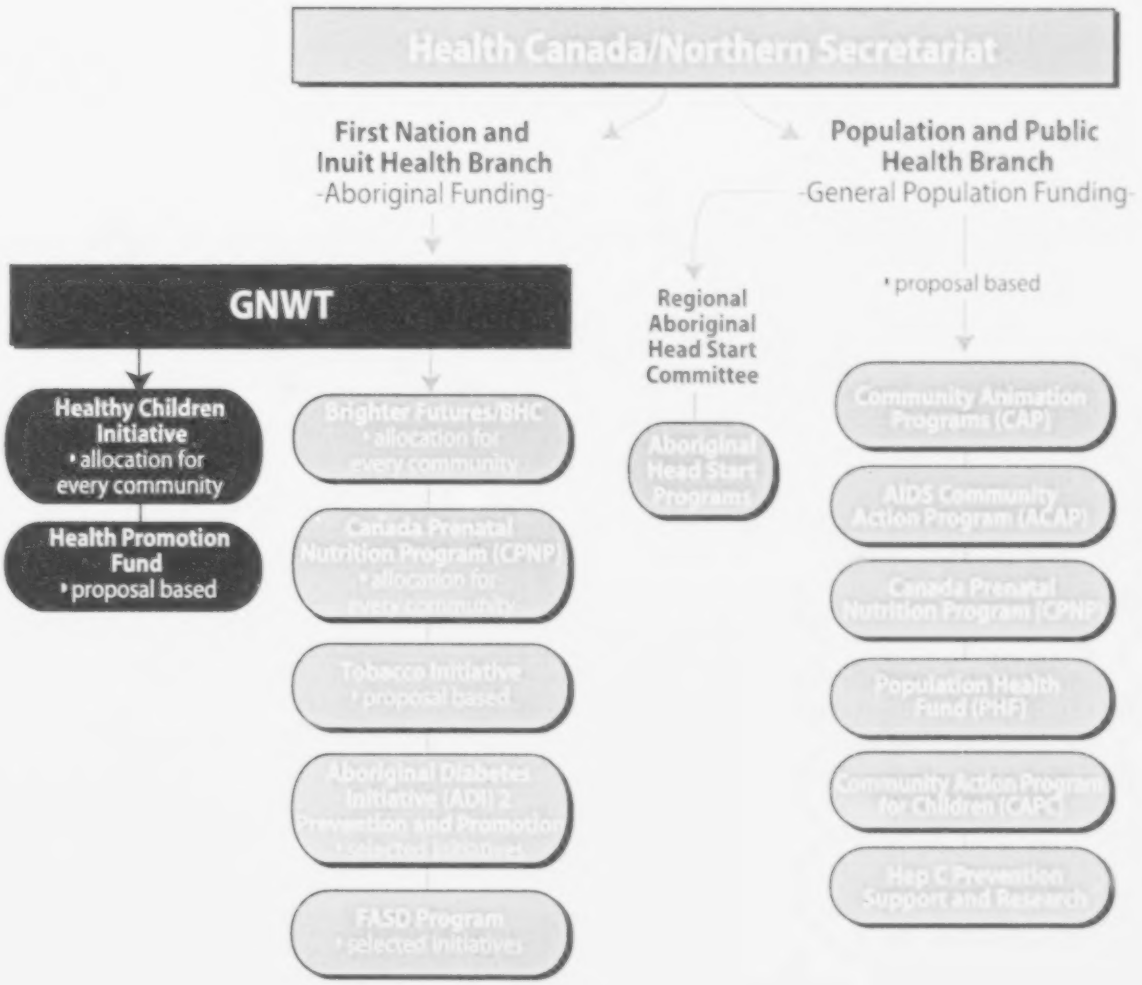
The Health Promotion Fund supports community-based projects that improve the health of prenatal women, infants, children and youth. The goal of the strategy is to improve health and wellness through community development, the promotion of healthy lifestyles and the reduction of preventable diseases.

First Nations and Inuit Tobacco Strategy Funding

The purpose of this funding is to reduce smoking rates and tobacco related illness and death among First Nations and Inuit populations.

1. Department of Health and Social Services, Government of the Northwest Territories http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm
2. Department of Health and Social Services, Government of the Northwest Territories http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm
3. Department of Education, Culture and Employment, Government of the Northwest Territories (http://siks/k.learnnet.nt.ca/EarlyChildhood/index.html)
4. Health Promotion Unit, Department of Health and Social Services, Government of the Northwest Territories, *Health Promotion Strategy Fund – A Summary of Initiatives 1999-2002.*

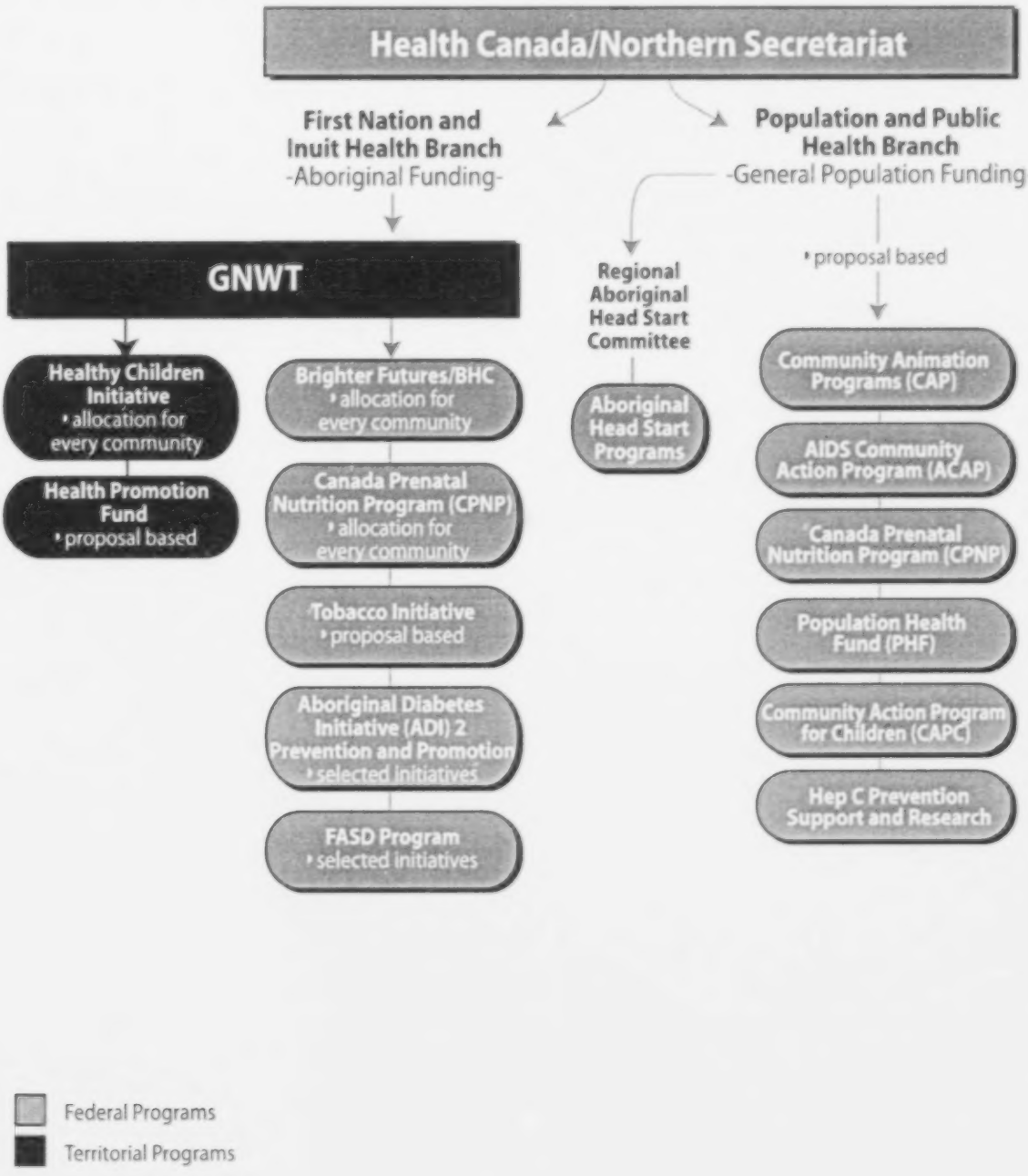
Community Wellness in the NWT Programs and Funding Agencies



Federal Programs

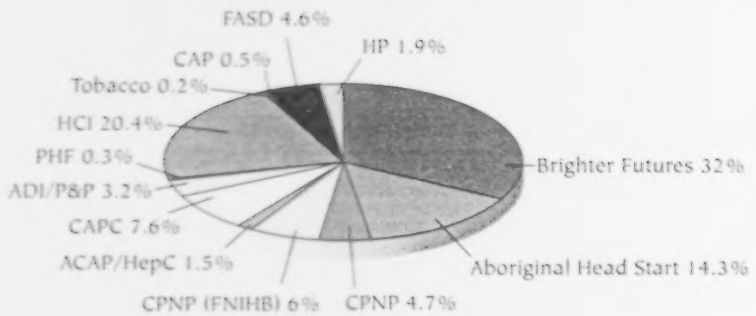
Territorial Programs

Community Wellness in the NWT Programs and Funding Agencies



Overview of Funding

Wellness Initiatives 2003/2004 NWT Overview

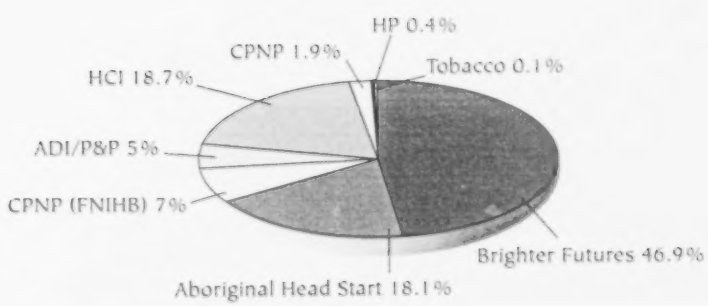


Overview of 2003/2004 Wellness Funding by Region

Deh Cho Region	467,607.00	82,053.00			80,000.00	120,000.00			169750	20,622.00			254,916.00	1,214,148.00
Dogrib Treaty 11 Region	384,802.00	74,377.00		30,000.00		60,000.00			186649	12,391.00	2,310.00	164,355.00	894,884.00	
Beaufort Delta	988,232.00	172,724.00	118,501.00		40,000.00				393488	7,980.00	2,415.00		381,624.00	2,104,964.00
Sahtu Region	351,444.00	67,203.00					37,500.00		185641	7,737.00	12,000			662,080.00
Treaty 8 Region	285,966.00	55,742.00			104,066.00	122,000.00			262652	36,197.00			127,208.00	943,833.00
Yellowknife Region	135,847.00	24,990.00			160,000.00	321,200.00			506070	26,360.00	2,601.00		254,605.00	1,431,473.00
NWT Regional	4,229.00	255,706.00	142,443.00	351,461.00				28,829.00		41,309.00		123,449.00		945,426.00

Beaufort Delta Region - 2003/2004 Funding

Aklavik	92,554.00	21,650.00	12,263.00			57,847.00				184,314.00
Fort McPherson	184,138.00	31,899.00				29,880.00			127,208.00	373,125.00
Holman	77,271.00	17,384.00	5,625.00			31,091.00				131,371.00
Inuvik	250,493.00	10,500.00		40,000.00		143,300.00	7,960.00	2,403.00	254,416.00	709,104.00
Paulatuk	43,150.00	12,600.00	3,500.00			33,810.00				93,060.00
Sachs Harbor	24,630.00	6,274.00	2,760.00			18,840.00				54,504.00
Tsiigehtchic	57,908.00	11,659.00				15,600.00				85,167.00
Tuktoyaktuk	183,475.00	28,560.00				63,120.00				275,155.00
Regional	74,613.00	29,998.00	94,353.00							198,964.00



Aklavik– Population: 656* Beaufort Delta

Brighter Futures

Aklavik Indian Band

- Part-time program and youth coordinators were hired.

- Community Mental Health
  - Youth advisors assisted teachers by offering stability, assistance, advice and much-needed support to students.
  - Mini-workshops were held at the youth assembly where groups showed their skills. Parents took part by helping their children and cheering them on.
  - Muskrat trapping allowed youth to participate and learn traditional on the land skills.
  - Elders taught youth traditional values of life by telling stories of their history as Aboriginal people.
  - Funds supported a science fair for youth grades K-12.
  - The healthy snack program helped youth with their daily learning and raised awareness of nutritional issues.

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

- Community Mental Health
  - An assistant recreation coordinator organized, coordinated and planned activities for the youth.
  - Youth advisors worked at the Moose Kerr school and provided academic and personal support to the students.
  - An on the land program ran throughout the year and enabled youth to learn from experienced hunters and elders.

- Child Development
  - A nutritional snack was provided students preschool - grade 2.

Canada Prenatal Nutrition Program

Aklavik Indian Band

- *Aklavik Indian Band Prenatal Program* – The activities and services included breastfeeding education and support, food vouchers, and food supplements/meal bag program.

Inuvialuit Regional Corporation

- *Aklavik Prenatal Program* – A total of 38 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Two separate education sessions/activities were held. Approximately four prenatal, postnatal, and/or breastfeeding women attended each session/activity. Breastfeeding activities were offered. Other services offered included food vouchers, games, and prizes or incentives. As well, a community feast was organized.

Healthy Children Initiative

Aklavik Child Development Centre

- Funding supported a child support worker, an infant child worker and early childhood educators to participate at the "Inclusive Childcare Settings" workshop. Healthy food for the children was provided.

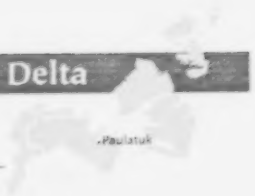
Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

- Presentations to grades K-12 took place at Moose Kerr School in Aklavik, promoted awareness of diabetes. Sessions provided information about healthy eating and healthy lifestyles. A poster contest was held for grades K-7 in which the students drew what they had learned about diabetes.
- The Elders luncheon discussions about diabetes were held monthly from April 2003 to March 2004. They provided education and prevention strategies to the Elders, emphasizing age appropriate activities and eating practices.
- A community worker attended the National Aboriginal Diabetes Association Conference held in Vancouver from January 28-31, 2004. The conference promoted culturally-appropriate education and training for all people working with diabetics and Aboriginal people.

NWT Bureau of Statistics (July 2003).
(http://www.stats.gov.ca/Statinfo/Demographics/population/est_data/commtotal.xls)

Paulatuk– Population: 319 — Beaufort Delta



Brighter Futures

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

Community Mental Health

- Children and youth were taken out on the land during all seasons to learn survival, traditional navigation, hunting, fishing, and trapping.
- Children who attended the local school were served breakfast every morning.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- A total of 28 cooking groups were held. Nutrition was discussed as part of the program on a one-to-one basis. Nutrition assessments were conducted on a regular, ongoing basis by the program coordinator, regional CPNP nutritionist, nurse/health centre staff, and program assistant/trainee. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, games, and prizes or incentives. As well, a community feast was organized.

Healthy Children Initiative

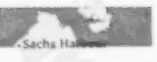
- Funds supported a child support worker and a parent tot coordinator for the Aboriginal Head Start Program.

Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

- The Paulatuk diabetes project hosted luncheons for the Elders, included information about diabetes prevention and promoted healthy living.
- Students submitted their favorite recipes to make a healthy recipe book for the community.
- Healthy foods were introduced to grades K-3 and discussions about healthy living and the prevention of diabetes were held with this age group.

Sachs Harbor – Population: 117 — Beaufort Delta



Brighter Futures

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

Community Mental Health

- The annual Easter festivity included Easter craft sessions, a parents and tots Easter party, a children's Easter egg hunt, and a variety of games.
- The White Fox Jamboree event celebrated the return of the sun. Activities included a pancake breakfast, talent show, traditional events, and a community feast.
- During this annual event, a community picnic was organized as well as traditional and modern games for all ages.
- On-the-land field trips targeted children and youth. Most field trips were made to the community picnic sites, fishing camps, or camping areas adjacent to the community.
- Various activities for children were offered on Halloween.
- National Child Day activities were held to recognize the youth in the community.
- A variety of Christmas activities were held for the community.
- Funds supported an on-the-land program for the youth to learn their culture, language, and traditional lifestyles.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. One education session was held with one woman in attendance. Other services offered included food supplements/meal bag program and prizes or incentives.

Healthy Children Initiative

- *Parents & Tots* – Funds supported healthy snacks, a caregiver salary, a theme party, and arena safety equipment.

Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

- Six cooking classes were conducted at the school's home-economics program. Children and youth were given information about diabetes and how to maintain a healthy lifestyle.
- The school had a daily meal and snack program.

Holman – Population: 424 — Beaufort Delta

Brighter Futures

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

Community Mental Health

- The Elder & youth committee met monthly and assisted in cultural and language projects for the community (e.g., hunting/land skills, teaching traditional skills).
- Breakfast was provided daily to children attending the local school.
- Traditional sewing was held 3 times a week and gave community members the opportunity to make traditional clothes.
- School age children met once a week to make traditional tools and other items such as sleds.
- The counselor assisted students to resolve individual concerns and realize their full potential.
- An Elder assisted the Aboriginal language instructor at the school with Aboriginal language programs taught to the students.
- Funds supported the Elders/youth nights program that allowed the youth to get together with Elders once a month.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- A total of 25 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through a grocery store tour. Breastfeeding activities were offered. Other services offered included food vouchers and games.

Healthy Children Initiative

Hamlet of Holman

- Funding supported a child support worker, an Aboriginal language teacher, and early childhood educators to participate at an inclusive childcare setting workshop.

Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

- A traditional and western cooking program enabled youth to learn from the elders in a practical, hands on style of learning. A few elders and youth participated in a musk ox hunt and in fishing for char. There were 3 cooking sessions and approximately 8 youth at each session. The youth learned how to properly prepare traditional foods and learned to use modern-style cooking to complement the traditional food at a meal. During the sessions, the Community Health Representative promoted discussion about good nutrition and active lifestyles.
- A community member attended the Arctic Forum workshop held in Yellowknife. Participants had the opportunity to share what was happening in their communities and their areas of concern and need.

Tuktoyaktuk – Population: 990 — Beaufort Delta

Brighter Futures

Inuvialuit Regional Corporation

- A program coordinator was hired to coordinate all wellness programs, including Brighter Futures. The coordinator also helped community members with proposal writing to apply for funding.

  - Community Mental Health
    - The Sevoliq Justice Committee dealt with community members who came into conflict with the law for the first time or for minor issues.
    - Sewing workshops were held once a week and taught young mothers how to make parkas and baby bunting bags.
    - Daily breakfast was served to students who attended the local school.
    - A youth activities assistant assisted in the delivery of programs at the Jason Jacobson Youth Centre.
    - Funds supported the operations of the Tuk Women and Children's Shelter.
    - The musical instrument program allowed youth to understand the importance of learning to play instruments, interacting with church leaders and attending church functions.

  - Child Development
    - Funds supported the operations of the Tuk Child Development Centre.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- A total of 30 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program and prizes or incentives.

Healthy Children Initiative

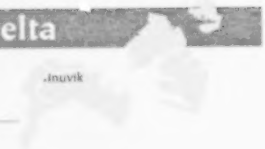
Child Development Centre

- Funds supported a child support worker and a parent tot coordinator.

Women & Children's Shelter

- Funds supported a child care advocate.

Inuvik – Population: 3,435 — Beaufort Delta



Brighter Futures

Inuvik Native Band

- Community Mental Health
  - A youth coordinator ran programs for the youth.
  - A shelter assistant worked with women and their families by providing support.
  - A home support worker provided counseling and support in family homes.
  - Funding supported youth excursion trips.
  - Girls 14 and under attended a soccer tournament in Edmonton, Alberta from December 27-31,2003.
  - Youth competed in dog mushing at the Arctic Winter Games in Fort McMurray, Alberta in February 2004.
  - Youth participated in the Basketball and Volleyball territorial tournaments held in Yellowknife, NT.
  - Community members learned traditional sewing skills. This is an ongoing program and many women started projects at the weekly sessions to be finished at home.
  - Grades K-6 students, teachers, parents and community members participated in an "out on the land for culture day".

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

- Community Mental Health
  - The Muskrat Jamboree was an annual community event with activities such as muskrat skinning, jigging contests and drum and fiddle dances.
  - Inuvik Victims Services provided information, support and referrals for victims of crime or tragedy.
  - A group of boys and girls traveled to Yellowknife for the super soccer tournament.
  - A home support worker provided outreach services through the Family Counseling Centre that included support within the clients' homes, counseling and life skills training.
  - The shelter program provided women and children with safety, shelter and food while temporararily separated from violent or abusive partners.
  - A program coordinator planned and organized activities for the youth.
  - The Inuvik summer day camp ran for seven weeks and children participated in arts, crafts and sports.
  - Ice time was rented for 5 to 19- year-olds who wanted to train for the Arctic Winter Games.
  - Approximately 46 students attended the SAMS breakfast program daily.
  - SAMS hired two local drum dancers to provide drum dancing lessons to the students.
  - The 8-day Winnies' camp targeted children in social care and children new to Inuvik. The children were taught about camp maintenance, checking fishnets and arts & crafts.
  - Ten participants enrolled in the traditional sewing program that taught them how to stretch hide, make and cut out patterns to make mitts and mukluks.
  - An Elder and two youth assisted in the summer whaling camp and the fishing camp.
  - The SHSS breakfast cart program promoted health and nutrition among the students.
  - The Friendship Centre offered a Christmas party program to the community.
  - The Provincial Jamboree program allowed 16 youth and four leaders to attend the provincial jamboree that took place in B.C. They participated in activities such as mountain climbing, sea kayaking, and mountain biking.
  - The trapper training and land skills program allowed the children to go out on the land and participate in the seasonal muskrat hunt at a spring camp.
  - Funds supported the annual winter traditional hunting & butchering techniques program.
  - Turning Point held a 10-day safe house that included around the clock supervision and provided three hot meals for the community.
  - An Aboriginal language assistant worked with the students at Sir Alexander Mackenzie School.

- Child Development
  - The preschool children received a nutritional snack in the mornings.
  - Healthy snacks were given to students at the Sir Alexander Mackenzie School throughout the year.

Canada Prenatal Nutrition Program

Ingamo Hall Friendship Centre

- A total of 48 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the program coordinator and regional CPNP nutritionist. Approximately six prenatal, postnatal, and/or breastfeeding women and three non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, transportation, games, and prizes or incentives.

Aboriginal Head Start

Inuvialuit Regional Corporation

- Nakvaqtuak Inuvialuktun Paulatuni Mikiyuavaat
  - This half-day program ran 5 days per week and provided an early childhood preschool program that is based on the Inuvialuit language, culture and spiritually. Elders, parents and extended families were involved closely in the program activities. Extended programming offered a Saturday parents' day out and a monthly nutrition bingo that helped support and educate families in the community. Materials and sewing space were available for parents and elders who supported the traditional sewing and helped ensure children had adequate clothing for the harsh winter.
- Little Bear Society AHS
  - The core program was an early intervention program for 3-5 yea-olds, offered in half-day sessions to maximize the number of spaces for children to access. A "learning through play"-based program was implemented using best practices for remote northern communities. Support and education were offered to children and their families around the core components of education, health and nutrition, with a strong focus on community organizations to ensure a variety of social support to empower families. Ongoing evaluation and community input were a key part of the program to ensure the project stayed focused on the needs of Inuvik families.

Healthy Children Initiative

Inuvik Preschool

- An assistant teacher and early child educators participated at the Inclusive Childcare Setting Workshop and Hands on Health Conference.

Inuvik Child Development Centre

- A child support teacher and early child educators participated at the Inclusive Childcare Setting Workshop and Hands on Health Conference.

Inuvik Regional Hospital, Health and Social Services Board

- Funds supported a special-needs aide.

Ingamo Hall

- An on-the-land project helped children, their parents, and their extended family to regain some of their cultural/traditional lifestyles through traditional camp experiences.

Family Counselling

- An early intervention worker and family counseling workers attended a child development workshop.
- A home support worker to work directly with children and their families in their homes on basic needs, daily stressors, and helped provide a safe and healthy environment for the children.

Inuvik – Population: 3,435 — Beaufort Delta

Tobacco Initiative Program

Inuvik Regional Health and Social Services Authority

- *Youth Tobacco Workshop* – A two-day tobacco education workshop was held for Inuvik students in grades 5 - 9.

Health Promotion Fund

Town of Inuvik

- *Skate Inuvik Project* – An active living program offered free skating to youth for 1.5 hours/7days a week. A "skate bank" was set up where people wanting to borrow skates could do so.

Inuvik Regional Health and Social Services Authority

- *Inuvik FASD Awareness Project* – A public awareness campaign on Fetal Alcohol Spectrum Disorder involved a logo contest, school presentations, public announcements and a traveling display.

Fort McPherson – Population: 808 — Beaufort Delta

Brighter Futures

Tetlit Gwich'in Council

- A wellness coordinator provided ongoing support to community members, community partner groups and other wellness programs.

Community Mental Health

- The Midway Lake Music festival was held in August of 2003 with good participation from the community and surrounding communities to emphasize sober family activities.
- The community newsletter updated residents about various wellness activities throughout the year.
- The Tetlit Gwich'in Dancers performed at the Midway Festival and various other functions.
- A youth supervisor provided direction, support and guidance for non-sport youth activities. A youth coordinator partnered with community recreation to provide physical activities for children and youth.
- Youth attended the annual Dreamcatchers Conference in Edmonton held October 17-19, 2003.
- A community-based day camp was held for young children during July and August.
- One "Elders and youth on-the-land" program was held in September at a traditional berry area at Rat River.
- Community caregivers formed a team to create awareness of suicide prevention.
- Candle light services provided a healing circle for the community with over a hundred participants.
- The Peel River Alcohol Society provided daily activities for families during the National Addictions Awareness Week in November 2003.
- An on-the-land program was completed in partnership with Chief Julius School for students in grades 4, 5, and 6.

Child Development

- Student advisors helped children with behavioural problems attending the local school.
- A family program was held at Tl'oondih camp during February 2004 where families developed a support system for themselves.

Canada Prenatal Nutrition Program

Tetlit Gwich'in Council

- A total of 12 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits, games and quizzes, and information handouts. A total of 94 separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, home visits, games, and prizes or incentives.

Aboriginal Head Start

Tl'oondih Healing Society

- Sixteen children between the ages of 3 and 5 attended the program three hours per day, five days a week. A team of local early childhood educators consulted with parents about the daily activities. A Gwich'in language teacher provided instruction to the children and the staff team planned cultural activities throughout the monthly schedule. Emphasis in the last year was on addressing the special needs of the children and on building while emphasizing traditional "country food." Parents were involved in a parent advisory group and assisted where possible in daily program activities.

Healthy Children Initiative

DFA on behalf of Chief Julius School

- A kindergarten and literacy worker worked in the school until June/03.

Preschool

- A teacher was hired

Tl'oondih Healing Society Aboriginal Head Start

- A program for one-and two- year-olds was held.

Tsiigehtchic – Population: 207 — Beaufort Delta

-Tsiigehtchic

Brighter Futures

Gwichya Gwich'in Band

- Community Mental Health
  - Students who had perfect attendance for the month were selected as Gwich'in language student of the month or citizens of the month. They received certificates and small gifts.
  - The sewing program began in November with both new and advanced students participating. The students learned to sew items such as neck warmers and fleece hats.
  - Youth from Tsiigehtchic participated in the Dreamcatchers Conference held in Edmonton. Youth experienced sharing circles group meetings that spoke about spirituality, self-esteem, and making positive decisions.
  - A Grade 5 and 6 class along with two chaperones went on a trip to Whitehorse, YK. The students took part in educational activities as well as some recreational activities.

Canada Prenatal Nutrition Program

Gwichya Gwich'in Band

- A total of 30 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and games and quizzes. A total of 12 separate education sessions/activities were held, and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives. As well, a community feast was organized.

Healthy Children Initiative

Chief Paul Niditchie School

- Funds supported a healthy snack program.

Daycare

- Funds supported early child educators to participate at the Hands on Health Conference and material/food/supplies for the daycare centre.

Regional Projects

Brighter Futures

- *Inuvialuit Regional Corporation* – Funds supported a regional coordinator and other costs related to the implementation of Brighter Futures such as regional workshops and travel.

Canada Prenatal Nutrition Program

- *Inuvialuit Regional Corporation* – Funds were used for regional coordination of CPNP.

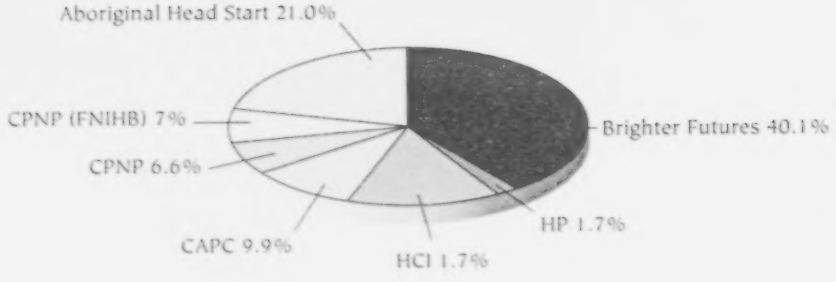
Aboriginal Diabetes Initiative (Prevention and Promotion)

Inuvialuit Regional Corporation

- Funds were used to hire a full time community diabetes coordinator, and for other expenses such as travel, supplies, and office rent.
- The community diabetes coordinator attended the National Aboriginal Diabetes Association Conference held in Yellowknife. The conference promoted culturally appropriate education and training for all people working with diabetics and Aboriginal people.
- The community diabetes coordinator attended the Aboriginal Health Management Conference held in Vancouver in May. It provided health care management for the needs of a community.
- Contributions to several active living initiatives were made.

Deh Cho Region – 2003/2004 Funding

Fort Liard	65,759.00	15,629.00			30,896.00				112,484.00
Fort Providence	120,827.00	26,602.00			32,053.00	577.00		127,208.00	307,267.00
Hay River Reserve	61,688.00	9,257.00			14,990.00	5,850.00		127,208.00	218,993.00
Jean Marie River	15,340.00				6,765.00	5,155.00			27,460.00
Kakisa	6,695.00				5,265.00				11,960.00
Fort Simpson	143,155.00	17,044.00	80,000.00	120000	38,554.00	9,240.00			407,993.00
Nahanni Butte	16,000.00				5,500.00				21,500.00
Trout Lake	13,476.00	6,239.00			13,678.00				33,393.00
Wrigley	43,967.00	7,082.00			22,049.00				73,098.00
Regional									0.00



Brighter Futures

Acho Dene Koe First Nation

- A Program Coordinator was hired to work closely with family counseling staff and to coordinate workshops/presentations with the drug and alcohol counselor.

-Fort Liard

- Community Mental Health
  - The Next Generation Youth Association traveled to Fort Liard to perform interactive presentations on "Making Positive Choices that Affect your Future". Sessions were held for youth in Grades 2-10.
  - A family violence workshop was held to teach youth drug & alcohol use and how it related to family violence and bullying.
- Parenting Skills
  - An FAS Workshop was held at Acho Dene School and the community hall. Small workshops took place in classrooms to educate students about the effects of alcohol and drug abuse during pregnancy. Evening workshops were presented to parents on what an FAS friendly school is.

Canada Prenatal Nutrition Program

Acho Dene Koe First Nation Band

- A total of 17 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. A total of seventeen separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, home visits, games, and prizes or incentives.

Healthy Children Initiative

Acho Dene Koe First Nation

- Funding supported the operations of the community preschool program.

Kakisa – Population: under 50 — Deh Cho

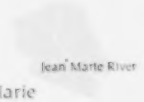
Brighter Futures

Ka'a'gee Tu First Nation

- Community Mental Health
  - A two-week on-the-land grieving workshop took place outside the community. The facilitators also offered one-on-one counseling.

Brighter Futures

- Community Mental Health
  - Three students cultivated and planted vegetables in the community garden.
  - Seventeen students took part in a school culture trip to Edmonton from November 25 to December 4, 2003.
  - Ten members of the Jean Marie River First Nation went on a fall hunt from Jean Marie River to Red Knife.
  - Members that attended a McGill Lake trip to observe harvesting methods.



- Parenting Skills
  - Two participants attended a parenting skills workshop held in Fort Simpson.

Health Promotion Fund

Jean Marie River First Nation

- *Operation Activate* – The program focused on three activities for youth: swimming, nordic skiing and hockey/figure skating. Local and regional talent was used for skill clinics; some equipment and healthy snacks were provided.

Fort Simpson – Population: 1,237 — Deh Cho

Brighter Futures

Liidlii Kue First Nation

- Funds supported a Brighter Futures coordinator, a youth activities supervisor, and a social program director.

Fort Simpson

- Community Mental Health
  - The Next Generation made a presentation to Grade 7 to 12 students and at the graduation banquet. The presentation created awareness about the dangers of drugs and alcohol.
  - One community member to participate in the Circle of Strengths workshop held in Yellowknife.
  - During the giant puppet project eight large puppets were made and used in two plays focusing on women's issues.
  - The swinging teens committee, a youth group, organized a 3-day festival called Beaver Days.
  - Seven youth were supported in fundraising activities that enabled them to attend camps, forums, dances, and continue their landscaping projects.
  - One youth participated in the soccer try-outs for the Westerns.
  - Ten community members and youth participants attended a grieving workshop held in October 2003.
  - Fourteen youth and five adults attended the Dreamcatchers Youth Conference held in Edmonton.
  - Dinner and events were held during Family Violence Week to raise awareness of violence, abuse, and neglect of Elders.
  - Fifteen youth participated in activities on the land such as sewing nets, cleaning fish, wilderness survival and learning more of the Slavey language.
  - An "Honouring our mothers and grandmothers" booklet was released on May 11, 2003 and promotes mental and social well being of families.
  - The RCMP delivered a drug abuse resistance education (D.A.R.E) program to grade five and six students. The presentation also included discussions about bullying, violence, and self-esteem.
  - A two-week culture camp program that included activities such as picking berries, setting snares, fishing, and making bannock.
  - Two Elders took part in the Slavey culture program and taught youth to make bannock, beading for jewelry and ornamentation on clothing.
  - Ten youth took part in an on the land literacy project that gave them exposure to experiential learning, literacy on the land, and winter survival techniques.
  - A breakfast program at Thomas Simpson School provided a nutritional meal to the youth.
  - The FAST project presented a skit to promote awareness of HIV and Hepatitis C.
  - Grade 6 students attended the annual youth conference and joined in workshops such as D.J. sessions, break dancing, and leadership for young women.
  - Healthy and awareness activities were provided to the youth such as sewing nights, craft nights, and game nights.
  - The coordinator attended a course called "Body, Breath and Energy Training" at the Haven Institute in February 2004.
  - National Addictions Awareness Week was full of events such as a church service, alcohol & drug session, youth talent show and sobriety walk.
  - Funds supported the youth sharing circles and training sessions.
  - An afternoon program addressed FASD to the students and had hands-on activities for those students who had difficulty coping with the regular program.
  - Traditional healers and counselors delivered one on one counseling.
  - Parenting Skills
  - Kids Corner Day Care Centre had a weekend workshop for participants to learn new techniques for relieving stress through meditation, body energy release, and creative endeavors.

Fort Simpson – Population: 1,237 Deh Cho

Canada Prenatal Nutrition Program

Lidlii Kue First Nation

- A total of 35 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. A total of 32 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, transportation, games, and prizes or incentives.

Community Action Program for Children

Open Door Society Family Resource Centre

- The early intervention/preschool program provided ongoing preventative activity-based intervention for children with medical histories that place them at-risk for developmental delays or potential learning disabilities. The program enhanced the intellectual, social and physical development of children, while strengthening and supporting the whole family. Project staff also worked with parents to extend the program to homes and provide assistance on parenting issues.

Health Promotion Fund

Deh Cho Friendship Centre

- *Deh Cho FASD Conference* – A regional conference for NWT community members, educators, health and social service and justice workers, etc, addressed Fetal Alcohol Syndrome Disorder (FASD). Multiple workshops were held during the 3-day conference and provided information, strategies and support.

Healthy Children Initiative

Open Door Society

- The "busy bees" program at the beginning of the fiscal year ran both on Monday and Wednesday afternoon with two separate groups of children attending. The program encouraged socialization of the children in the community.
- One staff worker traveled to Yellowknife for the Hands on Health Conference that took place on February 24-26, 2004. The staff was able to utilize programming for crafts and activities for the children who attend Open Door Society as well as supporting information for their parents.
- Funding enabled a six-year-old child with a disability to receive support through a caretaker and provided the family with respite care.

Village of Fort Simpson

- Swing units and a playground sign for the public Elephant Park were purchased.

Lidlii Kue First Nation

- SaNaeah Healthy Parenting program delivered three programs for parents of children 0-6 years old in Fort Simpson and also supported one parent to provide daycare in the afternoons for her 6-year-old high-risk child. Sessions offered were sewing baby blankets and duffle mitts, traditional cooking, making family albums, making dry meat, sewing aprons and traditional bunting bags, family cookie bake, and beading uppers.

Brighter Futures

Deh Gah Got'ie Dene Council

- A coordinator coordinated and implemented the wellness programs in the community.

- Community Mental Health
  - Two elders taught women in the community how to tan moose hide.
  - Three healing workshops focused on various aspects of healing and traditional ways of healthy living.
  - The local school ran a daily breakfast program for children from Kindergarten to grade 12.
  - Twenty-five youth and some Elders attended a 2-week fall camp and got involved in traditional activities such as net setting, hunting, berry picking, dry fish and dry meat making.
  - About 29 students attended the Dreamcatcher conference held in Edmonton.
  - A grieving workshop was held at the seniors' home on November 1 & 2 for elders and youth.
  - A workshop that ran for six weeks taught 10 young women to make moose hide slippers.
  - Parents and youth attended a substance abuse and awareness workshop in November 2003.
  - Students and a supervisor participated in the an FAS workshop held in Fort Simpson from February 11–13, 2004.
  - The wellness coordinator and A&D worker attended a residential school conference in Edmonton that took place from February 13-15, 2004.
  - Ten girls aged 8-12 took part in sewing classes from March 5-16, 2004.
  - Three youth and seven adults took part in a community hunt.
  - Five youth attended Deh Cho Assembly in Kakisa, and two attended the Dene National Assembly in Aklavik with the Chief, some counselors, and community members.
  - A summer camp for children and youth was held in July and August. Traditional skills such as preparation of dry fish/meat, sewing, net setting, etc, were taught.
  - Children attended a winter camp to learn different types of fish, setting nets, how nets are made, and how to cook fish.
  - In September, children attending the preschool program went to their culture camp to experience their Dene culture. The children performed daily tasks such as gathering firewood, camp clean-up, cooking bannock, picking berries, and identifying birds and plants.
- Child Development
  - A summer play program was held in July. Children learned arts and crafts (such as making dream catchers), and were encouraged to improve their reading and speak their own Slavey language.
  - Funds supported the pre-school graduation where children were recognized for their accomplishments and successes in the program.
- Parenting Skills
  - A parenting workshop taught basic parenting skills and communication between parents and children.

Canada Prenatal Nutrition Program

Zhahti Koe Friendship Centre

- A total of 20 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes, home visits, and a grocery store tour. Nutrition assessments were conducted on a regular, ongoing basis by the program coordinator. A total of four separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, home visits, games, and prizes or incentives.

Aboriginal Head Start

Deh Gah Got'ie Dene Council

- A maximum of sixteen 3 year olds and sixteen 4-year-olds were enrolled throughout the preschool year. Preschool children learn basic academic skills as well as the Dene culture and values through an integrated education philosophy of holistic learning. Parents, caregivers, extended family and community members were the key people who made this program a success.

Fort Providence

Health Promotion Fund

Deh Gah Got'ie Dene Council

- *Learn-to-Run clinic* – A 10-week learn-to-run program was held in the school gym. The program operated 3 times per week. Instruction on stretching and good body mechanics was provided for the 21 program participants.

Healthy Children Initiative

Deh Gah Got'ie Dene Council

- Two employees attended the Aboriginal Head Start Pan-Territorial Training Conference in Inuvik. This training allowed for networking of the many AHS programs and for the participants to discuss yearly programming with large cultural component (included demonstrations, hands-on activities).

Family Literacy Program

- Funding supported a variety of family literacy programs. There was a family literacy night, Elders Luncheon where Elders shared stories, cooking circle, 1-2-3- Rhyme with Me, and Books In The Home programs.

Brighter Futures

Sambaa K'e Dene Band

- Community Mental Health
  - A summer camp for approximately 58 youth, elders and children aimed at teaching traditional skills.
  - A spring camp for approximately 31 youth, elders and children focused on traditional on-the-land activities.

Canada Prenatal Nutrition Program

Sambaa K'e Dene Band

- A total of 30 cooking sessions were offered. Nutrition was talked about as part of the program on a one-to-one and group basis. A total of four separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included childcare and games. As well, a community feast was organized.

Brighter Futures

Katlodeeche First Nation

- Community Mental Health
  - A counselor was hired to support and work with the youth and provide counseling.
  - Wellness workshops were held in the community on topics such as healthy living, parenting skills, healing and relationships.
  - Youth and chaperones attended the Dreamcatchers Conference in Edmonton that inspired youth to make positive life choices.
  - A summer day camp was held for youth ages 7-15. Activities included field trips, camping and swimming.
  - The youth drop-in centre provided positive entertainment in a safe, healthy environment. It also encouraged respect for traditional values and family interaction.
  - On-the-land trips were held throughout the year for youth. Participants learned traditional skills such as hunting and preparing food.
  - Youth learned the Slavey and English languages, culture, and traditional values through crafts and activities.

Canada Prenatal Nutrition Program

Katlodeeche First Nation

- A total of 10 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. A total of six separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included fruit baskets, transportation, home visits, games, and prizes or incentives.

Aboriginal Head Start

Hay River Dene Reserve District Education Authority

- This program provided a safe, nurturing and multifaceted environment for 34-40 children aged 3-5. Program components included parent involvement through governance of the program as well as participating in the program in many other ways: South Slavey teaching traditional story and legend-telling, Elder participation, parent snack program and participation in the early childhood series with other early childhood educators in the region.

Health Promotion Fund

Katlodeeche First Nation

- Skill-development clinics for a cross-country ski program were held.

Healthy Children Initiative

Katlodeeche First Nation

- A day camp was offered for preschool children. The camp provided positive learning and supported parents who had more children at home in the summer and could not afford the higher daycare costs incurred.

Brighter Futures

Pehdzeh Ki First Nation

- A coordinator coordinated and implemented the wellness programs in the community.

- Community Mental Health
  - Funds sponsored the celebration of the last day of school in June.
  - Three youth and one chaperone participated in the Dreamcatchers conference held in Edmonton in October.
  - Two young fiddlers traveled to Regina and played with the Regina Symphony Orchestra.
  - A fiddle contest took part at a spring carnival

Canada Prenatal Nutrition Program

Pehdzeh Ki First Nation

- A total of four cooking groups were held with approximately one prenatal, postnatal, and/or breastfeeding woman and five non-pregnant woman of childbearing age attending each session. Nutrition was talked about as part of the program through games and quizzes and home visits. A total of six separate education sessions/activities were held with approximately three prenatal, postnatal, and/or breastfeeding women and 10-14 women of childbearing age in attendance. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, games, and prizes or incentives.

Healthy Children Initiative

Pehdzeh Ki First Nation

Funding supported the Pehdzeh Ki Child Care Centre.

Nahanni Butte – Population: 109 Deh Cho

Healthy Children Initiative

Charles Yohin School

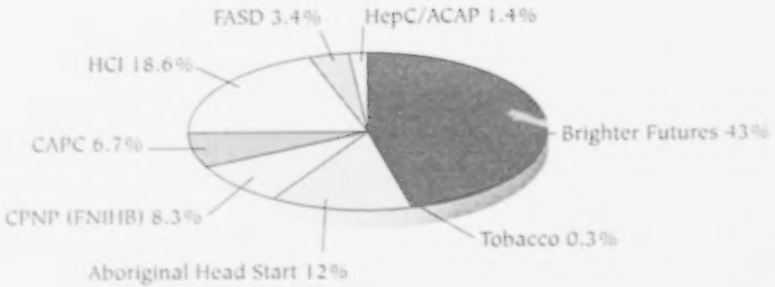
- *Parenting As Literacy* – The program was delivered to 5 preschool and kindergarten children. Parents along with their children participated in literacy events. Resources were purchased and loaned out to parents and children to take home to read.
- *School Readiness Project* – This project was to ensure that younger children were really ready for formal school activities such as reading and writing. Six children attended the program.

Healthy Children Initiative

- The NWT Literacy Council project provided several Deh Cho communities with support and training to increase the skill base in family literacy at the community level.

Dogrib Treaty 11 – 2003/2004 Funding

Rae-Edzo	301,933.00	31,647.00		50,000.00	6,074.00	164,353.00	584,007.00
Rae Lakes							0.00
Wekweti	7,632.00	6,881.00				2,310.00	16,823.00
Wha Ti	75,235.00	13,849.00			6,317.00		47,401.00
Regional			50,000.00		166,649.00		196,649.00



Brighter Futures

Dogrib Rae Band

- A program coordinator worked full time and delivered the health and social programs in the community.

- Community Mental Health
  - About 12 to 15 youth participated in the after school program that ran for 8 months. Indoor youth activities were organized as well as on-the-land field trips and trips to Yellowknife.
  - Two youth attended a youth conference held in Wha Ti.
  - The social development coordinator attended the Aboriginal Strategies Conference held in Edmonton October 6-8, 2003.
  - A sports program was held for community members of all ages.
  - Community members visited traditional healers in Alberta. Financial assistance was also given to individuals of families who attended the couples' retreat at Trappers Lake, which is hosted by the Diocese of Mackenzie.
  - Community members participated in various regional gatherings.
  - Every child in Rae-Edzo was given the opportunity to participate in the culture camp programs. Younger children participated in day camps and older children participated in overnight camps. They experienced activities such as berry picking; fishing; bannock, dry fish and dry meat making; and listening to stories in Dogrib.
  - Thirty to forty students received a healthy breakfast through the snack program.
  - During National Addictions Awareness Week, public workshops were held in the community.
  - Two classes from CJB School and their supervisors attended a youth conference held in Edmonton, Alberta.
  - Funding made it possible for members in the Dogrib region to travel to Rae-Edzo to participate at the annual general assemblies held between June and August of 2003.
  - The Friendship Centre was able to hire a worker who provided pre-vocational training for young, mentally challenged adults.
- Parenting Skills
  - A parenting workshop provided parents and teachers with additional information about coping with their children.
- Healthy Babies
  - Funds contributed to the operation of the Canada Prenatal Nutrition Program.
- Child Development
  - A community-based health representative and a care aide worker participated in an early years conference held in Ottawa in June.

Canada Prenatal Nutrition Program

Dogrib Rae Band

- A total of 40 cooking groups were held with approximately four prenatal, postnatal, and/or breastfeeding women and three non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes and home visits. Nutrition assessments were conducted occasionally by the program coordinator, and program assistant/trainee. A total of 40 separate education sessions/activities were held. Approximately four prenatal, postnatal, and/or breastfeeding women and four non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, transportation, home visits, games, and prizes or incentives.

Rae-Edzo – Population: 1,867 Dogrib Treaty 11

Community Action Program for Children

Dogrib Community Service Board

- The Gameti Band provided a licensed child centre for three- to four-year-old community children as a way to promote knowledge and skill development for both children and their parents. The Centre also provided student teacher training, and its programming was both developmentally and culturally appropriate. All of these elements helped ensure the child's social, emotional, verbal, intellectual and physical readiness for kindergarten.

Aboriginal Head Start

Dogrib Community Service Board

- Approximately forty children were served annually. The program provided an environment that promoted social, emotional, verbal, intellectual and physical well-being to the children in developmentally and culturally appropriate activities and strengthened their readiness for kindergarten. The children were provided with a cultural and language program and parents were involved in the advisory board.

Health Promotion Fund

Health Beliefs and Health Promotion Practices of Pregnant Dogrib Women

- Funds supported phase I of an ethnographic study that explored traditional health promotion practices of pregnant Dogrib women in Rae-Edzo.

Wha Ti – Population: 493 Dogrib Treaty 11 Region

Brighter Futures

Wha Ti First Nation

- Community Mental Health

  - Fifty-six community members, mostly families, traveled to Lac St. Anne to participate in a spiritual gathering.
  - Spiritual gatherings were held in Wha Ti and Rae, and over 100 community members participated.
  - Grieving sessions were held in Rae and Gameti. Families assembled to deal with their grief in traditional ways.
  - Family days were held to celebrate various events such as Aboriginal Day and Canada Day.
  - About 20 community members attended retreats at Trappers Lake and in Hay River. These have included couples' and mother/daughter retreats.
  - A sewing club was established for women in the community.
  - A youth group that promoted crime prevention and improved physical, mental and social well-being was held weekly.
  - The girls' group met weekly and organized traditional and non-traditional activities such as crafts and sports.

Canada Prenatal Nutrition Program

Wha Ti First Nation

- A total of 11 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the nurse/health centre staff. A total of 18 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, games, and prizes or incentives.

Health Promotion Fund

Dogrib Community Services Board

- FASD prevention was the focus of this cost-shared conference was FASD prevention. Women throughout the NWT discussed addiction and impacts on their lives, their children and their communities. As well, FASD information sessions related to prevention and strategies for supporting those affected were provided.

Brighter Futures

Dechi Laot'i First Nation

- Community Mental Health
  - Many community members took part in the Lac St. Anne Pilgrimage, a spiritual gathering in Alberta.
  - Sixteen women and a few men participated in the Take Back the Night celebration held September 18. It included an anti-violence march around the community, a food feast and awareness-raising movies.
  - One community member attended the workshop "Understanding and Healing the Intergenerational Impact of Sexual Abuse" held in Vancouver in September.
  - Women who attended the "Inner Child Workshop" from March 24-26 in Yellowknife.
- Parenting Skills
  - Two women from Wekweti attended the Trappers' Lake women's retreat in Yellowknife. The women learned about parenting, self-esteem and healing.

Canada Prenatal Nutrition Program

Dechi Laoti First Nation

- A total of 11 cooking groups were held with approximately one prenatal, postnatal, and/or breastfeeding woman and five non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included games, and prizes or incentives.

Tobacco Initiative Program

Dechi Laot'i First Nation

- *Wekweti Tobacco awareness program* – Provided educational activities to the people in Wekweti on the danger and risks to health that are associated with tobacco use.

Healthy Children Initiatives

Dogrib Community Services Board

- *Support for early childhood programs throughout the region* – Support was provided to all Dogrib communities: Rae Edzo, Wha Ti, Wekweti (Rae Lakes) and Gameti (Snare Lake). Programs/projects included childcare centers, preschools, parenting courses, early childhood staff training, car seats and toy lending libraries.

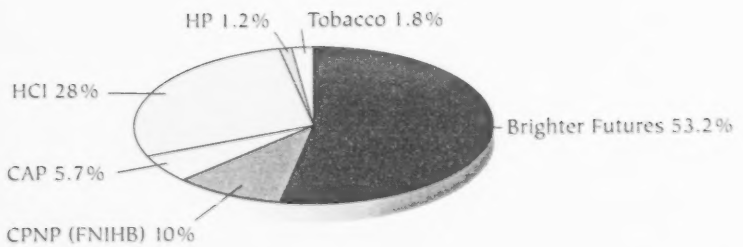
Fetal Alcohol Spectrum Disorder

Dogrib Community Services Board

- A 3.5-day Dogrib Region Women's Conference was held March 15-19, 2004. The conference was titled "Community Concerns and FASD: Strengthening Community Relationships."

Sahtu Region – 2003/2004 Funding

Colville Lake	19,789.00	6,455.00						12,976.00					39,220.00
Deline	135,362.00	25,057.00						46,320.00		12,000.00			218,739.00
Fort Good Hope	119,710.00	21,289.00						51,928.00					192,927.00
Tulita	77,068.00	14,402.00						17,994.00	7,737.00				117,221.00
Norman Wells							37,500.00	56,473.00					93,973.00



Brighter Futures

Tulita Dene Band

- Community Mental Health
  - The family support program offered a variety of activities for community members of all ages, particularly children and youth. These included children's and family reading, children's and family scavenger hunts, youth cooking circles, youth berry picking, toy lending/library, etc.
  - Community members attended spiritual gatherings in Wrigley and Deline.
  - Funds supported the traditional hand games tournament.
  - Local drum dances were held as entertainment and to teach youth how to sing and play traditional drum songs.
  - Sixteen youth, elders and adults attended the Sahtu Dene games.
  - Transportation was provided for school students.

Canada Prenatal Nutrition Program

Tulita Dene Band

- Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes, home visits, and a grocery store tour. Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. A total of six separate education sessions/activities were held. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives. As well, sewing circles and instruction on preparing traditional meats were offered.

Healthy Children Initiative

Chief Albert Wright School

- Funds supported a Healthy Children Initiative worker and a snack program.

Sister Celeste Child Development Centre

- Funds supported healthy foods and early childhood educators to participate at the Hands on Health conference.

Health Promotion Fund

Tulita Dene Band

- *Healthy Living Promotion for Youth* – Funds supported youth hands-on education activities on tobacco, healthy nutrition and active living.

Colville Lake – Population: 127 — Sahtu

Canada Prenatal Nutrition Program

- Food supplements, food vouchers, and gift baskets were distributed among prenatal women. As well, prenatal nutrition information was provided through pamphlets.

Deline – Population: 551 Sahtu

Brighter Futures

Deline Dene Band

- A program coordinator was hired to ensure that all programs were implemented and running efficiently and effectively.
- A cultural coordinator was hired to plan and develop recreational, traditional (e.g., on-the-land) and cultural programs for the community.

Community dental health

- A breakfast program provided nutritious food for students.
- Funds supported the hockey school to assist the minor hockey team with their travel.
- A back to the land program allowed students to learn traditional skills from Elders and other community members.
- Three camp attendants were hired for a family gathering that took place at Fox Point for a weekend.
- Funds supported a spiritual gathering that took place within the community.

Canada Prenatal Nutrition Program

Deline Dene Band

- A total of 24 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits and a grocery store tour. A total of 12 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, transportation, childcare, and games.

Healthy Children Initiative

Deline Preschool / ʔEht'seo Ayha School

- Funds supported a healthy snack program and early child educators to participate at the inclusive childcare setting workshop.
- Funds supported a Healthy Children Initiative coordinator at the ʔEht'seo Ayha school/Deline preschool.
- Funds supported a support worker and a snack program at the Deline school.

Tobacco Initiative Program

Deline Dene Band Council

- *Deline Tobacco Strategy* – Funds supported community educational activities, presentations to school classes on tobacco, production of cessation recourses, promotion of the Quit and Win contest, and developed and administered a community survey on tobacco use.

Brighter Futures

K'asho Gotine Community Council

- Community Mental Health
  - Twelve youth participated in an exchange with youth from Vancouver. The youth got to experience what life was like in a bigger city and the different types of career opportunities available.
  - The youth program provided a safe environment for the youth to play and interact.
  - Eight youth participated in an on the land program and learned traditional survival skills.
  - Funds supported a full time mental health worker who provided help to improve the well-being of the community.
  - The alcohol & drug program provided help to community members who seek assistance for alcohol and drug problems and to create a safe environment for individuals.
  - Fifty to sixty youth participated in the mad-science program where youth were introduced into the science fields through activities that are both fun and a learning experience.

Canada Prenatal Nutrition Program

K'asho Got'ine Dene Community Council

- A total of 16 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included food vouchers, transportation, games, and prizes or incentives.

Healthy Children Initiative

Chief T'selehye School

- Funds supported a healthy child worker and a snack.

Fort Good Hope Daycare

- Funds supported hot meals and snacks, a language teacher and a child advocate, and child care educators to participate at the inclusive childcare settings workshop and Hands on Health Conference

Norman Wells – Population:797 Sahtu

Healthy Children Initiative

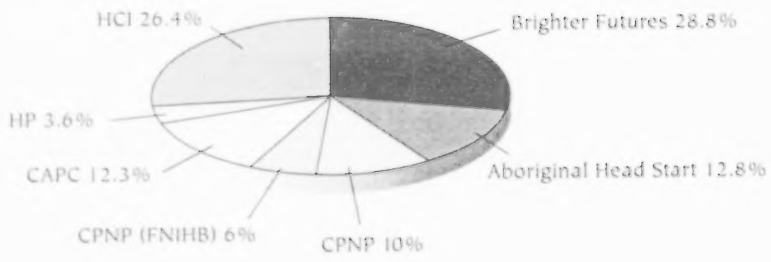
- Story time took place at the library for the youth.
- Funds supported the preschool teacher, snacks, and crafts for the students at the Norman Wells preschool.
- Funds supported a support worker, coordinator, and a healthy snack program at the Mountain Mackenzie School.

Community Animation Program

- Funding was used to support a Waste Management Forum in Norman Wells in March 2004, which was an initiative of the Dene Nation in partnership with Ecology North and NWT Recreation & Parks Association. Thirty-three participants, including presenters, attended. This program had been running for eight years and ended March 31, 2004.

Treaty 8 Region – 2003/2004 Funding

Fort Resolution	92,853.00	17,677.00			31,251.00	6,300.00		148,083.00
Fort Smith	92,835.00	15,723.00	53,000.00		60,464.00		127,208.00	349,230.00
Hay River/West Point	8,147.00	4,976.00	31,066.00	122,000	134,750.00	22,852.00		343,791.00
Lutsel K'e	92,131.00	17,366.00			24,989.00	7,043.00		141,531.00
Enterprise					11,198.00			11,198.00



Brighter Futures

Lutsel K'e Dene Band

- Community Mental Health
  - Community members participated in two spiritual gatherings near Fort Reliance and Black Lake (Saskatchewan).
  - Health Promotion workshops were offered in the schools. Workshops focused on drugs & alcohol, bullying, healthy eating, and healthy relationships.

-Lutsel K'e

- Child Development
  - A family support worker ran a preschool program for 5 developmentally delayed children. She worked with the children one-on-one on motor skill development, language, emotional development, and school readiness.
  - Funds supported a breakfast program.
  - Brighter Futures funded a special-needs aide who worked with three special-needs children attending daycare.

Canada Prenatal Nutrition Program

Lutsel K'e Dene Band

- A total of 36 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes, home visits, and a grocery store tour. A total of 36 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, transportation, home visits, baby shower baskets, games, and prizes or incentives. As well, the participants made baby blankets.

Health Promotion Fund

Lutsel K'e Dene Band

- *Active Living Programs* – A series of hands-on healthy living education sessions were held for youth. These incorporated outdoor safety and survival, traditional dance and tobacco cessation. A prenatal walking group was also organized.

Healthy Children Initiative

Lutsel K'e Dene Band

- The Tinkering Tots program provided childcare for more than fifteen families. The ages of children that were cared for ranged from two to five years.

Hay River – Population: 3,620 Treaty 8 Region

Brighter Futures

West Point First Nation

- Community Mental Health
  - Twenty community members participated in a wellness workshop held on the Hay River Reserve.
  - Funds supported treatment for an adult who was in a therapy program for four days to help overcome personal issues and adopt a healthy lifestyle.
  - Twelve youth took a trip to Edmonton to experience different cultures.
  - During the summer holidays, three youth attended a local learning centre to improve their school grades.

Canada Prenatal Nutrition Program

Growing Together Society

- Support is provided in the area of prenatal education and awareness, with a focus on children and families at risk. Issues identified by the community include poor prenatal nutrition, teenage pregnancies and the implications of pre/postnatal health, alcohol and substance abuse among expectant mothers, support for new parents, budgeting and cooking skills, infant nutrition, high risk pregnancies and infant care. There is a particular focus on breastfeeding support and information.

West Point First Nation

- A total of 14 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes and a grocery store tour. Breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, games, and prizes or incentives. As well, a community feast was organized.

Community Action Program for Children

Family Support Centre/Safe Home Network

- This project seeks to offer quality programs and services to children in the community at large, by increasing the availability of child care advocate workers. As well as providing counselling services to children staying at the shelter, the advocates offer continuous follow-up and support to children and parents in the school environment. Educational programs focussing on parenting skills constitute a core element of the services provided.

Health Promotion Fund

Hay River Community Health Authority

- *Smoke Free For Me* – Delivered an in school tobacco reduction program for grades four to seven and hosted a school and community visit of author Virginia Lovell, who has extensively researched the tobacco industry's efforts to attract young smokers.

Growing Together

- *Get Active, Play Safe 2004* – Cost-shared 2 projects: first aid training for prenatal women and a community calendar with active living, healthy eating and other healthy lifestyles themes.

Soaring Eagle Friendship Centre

- A combination of health promotion activities: injury prevention, active living and healthy eating. Examples of activities include a "safety in the workplace" training course and "healthy cooking on a budget" classes.

Hay River – Population: 3,620 Treaty 8 Region

Hay River Community Services Board

- *Prenatal binder and prenatal education sessions* – Funds helped to support the printing of the Your Pregnancy, Your Plan resource binder for pregnant women and their families. The resource is used in conjunction with public health prenatal classes.

Healthy Children Initiative

Hay River Library Committee

- A variety of programming occurred throughout the fiscal year attracting many parents and their preschool children to the library. Some of the programming included musical story time, campfires, a "Happy New Year-PJ Party", Beach Day, fun with Hazel Hutchins, as well as Mother Goose.

Growing Together Society

- Funding was used to enhance programs offered to families through the Growing Together Society.

Brighter Futures

Salt River First Nation

- Child development

- Brighter Futures co-funded the Aboriginal Head Start program.
- "Our Kids, Our Future" serviced parents and their children from 0-6 years of age. The program offered parenting classes, nutrition classes, cooking circles, child development activities, a resource library, toy lending, mothers' circles, drop in times, and craft time.
- Funds supported the Joseph Burr Tyrell elementary school's snack program.

Canada Prenatal Nutrition Program

Salt River First Nation #195

- A total of 36 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the program coordinator. A total of 52 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives. As well, special occasion lunches were organized.

Aboriginal Head Start

Salt River First Nation # 195

- This Aboriginal Head Start Program provided 16 children aged 3-5 years with opportunities to enroll in a pre-school program that operated from September to June. Parents and elders were involved in cultural events, arts and crafts and outings on the land. The snack program met nutritional standards while emphasizing traditional "country" food. Parents actively volunteered in the program and had5 opportunities to participate in workshops.

Healthy Children Initiative

Northwest Territory Metis Nation

- The "Francisation en chansons" project kept young children interested and improved their level of French while singing new French songs. Twelve children participated in the recording of each song. Fifteen children between the ages of 5-9 have enrolled in the after-school Francisation program.
- A worker participated at the Hands on Health conference. The information learned was used in the after-school program.
- The NWT Cree Language program made flashcards to develop an educational and fun way for children to learn the Cree language. The flashcards are scheduled for use as part of the curriculum at the Aboriginal Head Start program in Fort Smith. These flash cards have been distributed to all schools in the South Slave region as well as to fourteen other non-profit organizations, GNWT departments and cultural teachers across the NWT.

Fort Resolution – Population: 548 Treaty 8 Region

Brighter Futures

Deninu K'ue First Nation

- A coordinator planned, coordinated, supervised and carried out activities for community members of all ages.

Community Mental Health

- The "Building a Bridge" workshop was held at the end of May and about 50 youth and elders participated.
- Community members traveled by boat to the Lockhart River near Reliance to join people from Lutsel K'e in a week long pilgrimage of sharing, healing and prayers.
- A two day family healing & grieving workshop was held in the school.
- Funds supported Women's Day which recognized women for all their hard work in the community.
- Presentations took place in schools during Family Violence Awareness Week.
- Presentations and activities took place during National Addictions Awareness Week to prevent drug and alcohol abuse.
- The White Ribbon Campaign took place from December 1-6,2003 to promote awareness of violence.
- Funds supported a "Take Back the Night" celebration to inform individuals to be more aware of violence and know where to go for help when needed.
- Youth and community members took part in ten traditional skills workshops from the elders. They included drumming, jigging, dream catcher making, rat skinning, jewelry-making, native crafts, moose hair tufting, dry-meat making, stitching, and knitting.

Health Promotion Fund

Deninu Kue First Nation

- *Family Fun Nights/Days* – Funds supported monthly family events that promoted active living, fitness and nutrition through games, outings, and theme days.

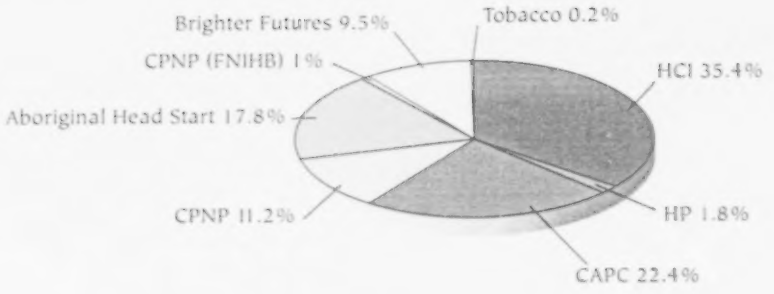
Healthy Children Initiative

Deninu Kue First Nation

- Funding supported the Child Care Initiatives program.
- Preschool reading circles allowed parents to participate along with their children. Transportation was provided if needed and door prizes were given out.

Yellowknife Region – 2003/2004 Funding

Yellowknife										
N'dilo, Dettah	135,647.00	24,990.00		160,000.00	321,200.00	506,070.00	26,360.00	2,601.00	254,605.00	1,431,473.00



Brighter Futures

Yellowknives Dene First Nation

- A full-time wellness coordinator was hired to manage all Brighter Futures activities and provided a range of support services to the community.

•Yellowknife

- Community Mental Health
  - A number of community events were held such as a Christmas party, Thanksgiving meal, and several community gatherings.
  - A 10-day spring event for youth aged 6-16 was organized.
  - A summer program for children was offered in the community.

Canada Prenatal Nutrition Program

Centre for Northern Families

- *Healthy Baby Club* – This prenatal nutrition project offered a food supplementation component to address the nutritional needs of high risk pregnant women and provided various health promotion programs to facilitate their lifestyle awareness. Clients were involved in knowledge and skill development for things such as food budgeting, shopping, menu planning and meal preparation. The health promotion programs addressed issues such as pre/postnatal care, labour and delivery, breastfeeding, nutrition, alcohol and drug abuse, smoking and other lifestyle factors pre/post-conception.

Yellowknives Dene First Nation

- A total of 21 weekly cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. The program coordinator occasionally conducted nutrition assessments. Other services offered included food vouchers, food supplements/meal bag program, home visits, and prizes or incentives.

Community Action Program for Children

Yellowknife Catholic Schools

- The objective of the toy lending library was to provide young children with the opportunity to play with others and to have exposure to educational toys, while increasing parental awareness of how they could participate in their child's development. It also provided opportunities for caregivers to identify children at risk and to make special needs toys and books accessible to parents who otherwise would be unable to afford them. Workshops for parents were offered on a variety of topics.

Yellowknife Association for Community Living

- This project promoted the health and social/intellectual development of children with developmental disabilities associated with Fetal Alcohol Spectrum Disorder. The intent was to promote understanding, education and community action for the prevention of FASD/FAE and to facilitate the development of an effective community-based support system. Audio-visual materials and other resources were developed to promote the prevention of FAS/FAE and to support families who were dealing with this issue.

N.W.T. Council of Persons with Disabilities

- This is an early childhood intervention program which assisted 14 per-school children with disabilities and their families. Child Intervention workers assisted children with their development in community early childhood programs and/or in their home environment.

Yellowknife, N'dilo, Dettah – Population: 18,889 Yellowknife

Healthy Children Initiative

Yellowknife Catholic Schools

- *Preschool program* – Funding assisted with operational costs associated with the Four Plus program, a fully integrated early intervention program for children 4-6 years of age. There were 59 children enrolled in the program this year.

Centre for Northern Families

- *Family support* – The Family Support Program provided families with children from 0 - 6 years of age with in-home support (home management, parenting and life skills development), respite, group parenting sessions, literacy programs, crisis management, and referral services.

NWT Council of Persons with Disabilities

- *Early intervention* – This program provided support to children under the age of six to access early childhood programs. Each child received one-to-one assistance for a minimum of five hours per week, attending a community based early childhood program or a private family day home. The children were able to integrate with their peers while working on their developmental goals in the areas of fine and gross motor, cognitive development, speech and language, social and life skills, and behavioral strategies.

Garderie Plein Soleil

- Funding was used to replace books that were damaged at the Garderie Plein School due to a flood.

Yellowknives Dene First Nation

- Funding was used to support the Canada Prenatal Nutrition Program while integrating respite care, toy lending and parenting skill development. The CPNP group met weekly and the child, youth and family counselor provided respite care as needed.

Aboriginal Head Start

- *Yellowknife Aboriginal Head Start* – The Yellowknives Dene First Nation Aboriginal Head Start program is an early intervention pre-kindergarten program for First Nations, Metis and Inuit children and their families. This project provided 32 children with a morning or afternoon preschool program. Program components included: education, health and nutrition, parent and family involvement, the Dogrib language and Dene culture. Parents participated in monthly parent advisory circle meetings to guide the program in its development. The program hosts a yearly an on-the-land experience at a Dene culture camp where Elders shared their traditional knowledge.

Tobacco Initiative Program

Mildred Hall School

- *Smoke-Free Activities* – A smoke-free health fair was held in the Mildred Hall school gymnasium using the "toxic tunnel" and other hands-on educational activities. Grades four to eight attended the fair for 45-minute periods during the day.

Health Promotion Fund

Sir John Franklin High School

- *Smoking Cessation Project* – A contest supported people who want to quit smoking as well. Another contest rewarded students who chose not to smoke. In addition, there was a contest to produce a video script for a short anti-tobacco PSA.
- *Northern Excursion Club* – Funds supported first aid certification, snowmobile and "on the land" safety training for all members of the Northern Excursion club.
- *R.E.A.L. Program* – Funds supported a week-long event promoting a school Health Week. Active living and healthy eating were promoted through displays, speakers, videos, and a school-wide walk.

Yellowknife, N'dilo, Dettah – Population: 18,889 Yellowknife

Range Lake North School

- *SASSY Project "Students Against Smoking - Yeah!"* – A two-day weekend tobacco conference for 35 students in grades 5 - 8 was held at Range Lake North School.

Status of Women Council Breast Health/Breast Cancer Action Group

- *Breastival* – Funds supported a one-day breast health fair held in the public health unit. Information was shared about breast health, breast-feeding, active living and nutrition, the effects on breast cancer, as well as many other topics. Over 450 people attended the fair.

•Yellowknife

Yellowknives Dene First Nation

- *Ts'eko Circle for Girls* – Funds supported a pilot after-school program for girls to promote active living, healthy eating, healthy choices and self-esteem building. Topics were covered via workshops, field trips or guest speakers.

YK Catholic Schools

- *Walk Around the World* – A 10-week walking program allowed students supervised gym time to do as many laps as possible during the noon hour. The school's overall goal was to walk the world in laps (circumference of the world is 40,075.16 kilometers). Students set individual goals as well.

Side Door

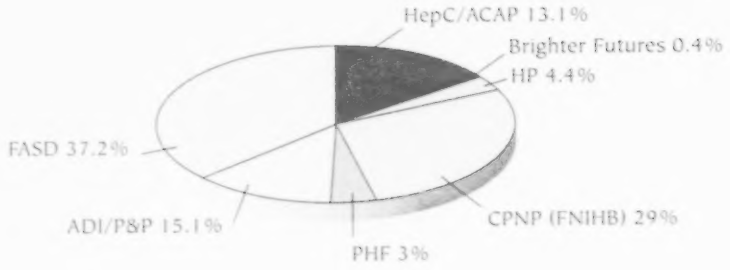
- *Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y)* – This pilot project was sponsored through the youth drop-in center in Yellowknife. The program promoted injury prevention through reality education, enabling youth to recognize risk and make informed choices about activities and behaviors. This program was attended by most Grade 9 classes in Yellowknife.

Weledeh Catholic School

- *Making Positive Choices* – This school-based program encouraged positive life style choices for healthy eating, physical activity and safe play, particularly for at-risk youth. Peer mediators were trained to assist in programming.

NWT Regional Projects – 2003/2004 Funding

Northern Nutrition Association		105,622.00					8,454.00			114,076.00
Status of Women Council of the NWT								123,449.00		123,449.00
NWT Council of Persons with Disabilites							6,000.00			6,000.00
Yellowknife Health and Social Services Authority		38,496.00					20,870.00			59,366.00
Sport North							5,985.00			5,985.00
NWT Recreation and Parks Association						28,829.00			28,829.00	
Native Women's Association of the NWT	4,229.00			31,500.00						35,729.00
Inuvik HSSA/ Yellowknife HSSA		109,588.00								109,588.00
Dene Nation			142,443.00	40,950.00						183,393.00
Aboriginal FASD Team				11,568.00						11,568.00
Deh Cho Friendship Centre				125,000.00						125,000.00



NWT Regional Projects

Brighter Futures

Natives Women's Association of the NWT

- Community Mental Health
  - The Native Women's Association held a Health and Healing Workshop during their annual planning workshop in October of 2003. Funds supported travel and accommodation for two speakers who talked about Aboriginal women's health issues.

Canada Prenatal Nutrition Program

Yellowknife and Inuvik Health and Social Services Authorities

- *CPNP Nutrition Support to Enhance Community Capacity* – Two nutritionists providing capacity building and program support to the CPNP projects in the NWT were co-funded.

Northern Nutrition Association

- The Northern Nutrition Association conducted a CPNP nutrition support evaluation and an overall CPNP evaluation.

Northern Nutrition Association and Yellowknife Health and Social Services Authority

- *Hands on Health Conference* – CPNP workers across the NWT participated in this conference focusing on nutrition and early childhood development.

AIDS Community Action Program/Hepatitis C

Status of Women Council of the NWT

- This project sponsored a joint community/federal/ territorial initiative implemented in September 2000. The model includes a Funding and Support Team (FAST) responsible for the development, implementation and monitoring of the fund that promotes and administers HIV/Hepatitis C prevention and awareness projects in NWT communities.

Population Health Fund

NWT Recreation and Parks Association

- The goal of this project was to reduce the health risks related to diseases including type 2 diabetes by promoting healthy lifestyle choices. Community workshops, town hall sessions and school sessions were used to reach a broad range of target populations. The workshops focus on increasing community awareness about healthy living choices and included information about nutrition, physical activity, and tobacco use. Presentations were also be delivered in schools to provide a forum for discussion about healthy living amongst youth, and to promote the use of the toolkit with teachers.

Health Promotion Fund

Northern Nutrition Association

- *Hands on Health Conference-Active Living Session* – Funds supported an active living session with front-line NWT community health workers to develop facilitation skills to incorporate physical activity into community-based programs.
- *Arctic Winter Gamers-Healthy Snacks* – Active living resources and healthy snacks were distributed in conjunction with Nutrition Month for 350 Arctic Winter Games athletes.

NWT Council of Persons with Disabilities

- *FASD Prevention* – Bumper stickers promoting the prevention of FASD were designed, printed and distributed throughout the NWT via the Aboriginal FASD Partnership (Dene Nation, NWT Native Women's Association, and G Division, RCMP).

NWT Regional Projects

Yellowknife Health and Social Services Authority

- *Active Living Kits* – This pilot project involved distribution of active-living kits to elementary/middle school classrooms in six communities in the NWT. Teachers were given an orientation session on how the contents of the kit could be used in their programming.
- *Community Gardening North of 60* – Community gardens were developed in Trout Lake and Hay River (West Point), in cooperation with CPNP project participants, to plan, maintain and harvest the gardens. Produce was to be used in cooking classes or as part of teaching in food preservation.
- *NWT Breastfeeding Promotion* – Funds supported a breastfeeding training conference for approximately 90 NWT community wellness workers and 90 NWT health professionals; and an evening breastfeeding session for breastfeeding families, hosted by the Yellowknife Breastfeeding Support Group. Dr. Jack Newman, a well-known Canadian breastfeeding expert provided the training and information sessions.

Sport North

- *Get Your Groove On* – Funds supported a series of healthy lifestyle events for girls in several NWT communities. The pilot program promoted active living, healthy eating, and self-esteem through some 'fun' events. Communities visited included Inuvik, Fort McPherson and Fort Simpson.

Fetal Alcohol Spectrum Disorder Program

Aboriginal FASD Team of the NWT

- Funds supported the development and distribution of FASD awareness materials
- Aboriginal trading cards were developed and distributed throughout the NWT.

Native Women's Association of the NWT

- A family violence workshop was held March 25-26, 2004. Several speakers from across the NWT and other jurisdictions talked about family violence, how to address it, how to build healthier communities, and how to support Aboriginal women's healing processes.

Deh Cho Friendship Centre, Fort Simpson

- A three-day FASD conference "Secondary Disabilities – Supporting the Environment" was held in Fort Simpson in February 2004.

Dene Nation

- A three-day capacity building retreat for Dene Elders who provide care to grandchildren with FASD was held in Ndilo. Twenty-four individuals and couples attended to share their experiences, to support each other and to explore the legal, medical, educational and community justice issues in a traditional Dene manner.